

## Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

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[www.FrederickCountyMD.gov/aging](http://www.FrederickCountyMD.gov/aging) Facebook: [Urbana Senior Center – Frederick County, MD](https://www.facebook.com/UrbanaSeniorCenter)

# July Program Highlights

### The Inside Scoop: Tips for Traveling Solo: Australia and New Zealand

Wanting to do some traveling but don't have a buddy to go with you? Learn some tips for planning solo traveling adventures! Tish Raff recently traveled solo to Australia and New Zealand. Come see her pictures and hear about her experiences in planning and taking the trip. This is a joint program with the library. Adults of all ages are welcome.

**Date:** Tuesday, July 18

**Time:** 6:30 p.m. Talk/Discussion

5:30 p.m. Fried Chicken Dinner

Sign-up for dinner by Monday, July 17

**Cost:** \$5.00 for the meal

### Artful Creations: Bead Class/Jewelry Making

Make-and-take a bead project of your choice - a bracelet, necklace or eyeglass chain/holder. All supplies will be provided including a variety of colorful beads. Sample projects will be on display. This class is good for beginners to experts. The instructor is Susan Eubinag. Bring your reading glasses for the close work.

**Date:** Wednesday, July 5

**Time:** 1:00 p.m. **Cost:** Free

### Summer Tech Help

Do you have tech questions? Drop-in to learn some technology literacy skills. Topics covered include computers, tablets, smart phones, and laptops. Bring your device for one-on-one instruction.

**Date:** Monday, July 24

**Time:** 11:30 a.m. **Cost:** Free

**Date:** Thursdays, July 6 & July 20

**Time:** 10:00 a.m. **Cost:** Free

### John Scuderi, Saxophonist

John Scuderi shares the music of memories with his saxophone. This is a joint program with the library. Adults of all ages are welcome.

**Date:** Monday, July 24

**Time:** 1:00 p.m. **Cost:** Free

### Lunch with Nurse Steve: What's an aneurysm?

Nurse Steve's talk will be "a discussion on causes, symptoms, and treatment of aneurysms"

**Menu:** Baked Ham, Peas & Carrots,  
Sweet Potatoes, Fruit, Dessert

**Date:** Thursday, July 13

Sign-up by Thursday, July 6

**Time:** Noon **Cost:** \$4.68 (Regular meal cost)

### Mark your Calendars!

#### Veterans Recognition & Resource Day

Monday, July 10, 9 a.m.-2 p.m.  
Frederick Senior Center

#### Picnic: Christmas in July

Wednesday, July 26  
Brunswick Senior Center

#### Ceramic Paint Party

Friday, July 28, 10 am-2 p.m.  
Frederick Senior Center

#### New Sessions Start

**Yoga** – Wednesdays, 12:30 p.m.  
Starting July 12

**Line Dance** – Thursdays, 1:30 p.m.  
Starting July 13

(see other side for calendar of activities)